Your GFR result on ___________ was ______

- A GFR of 60 or higher is in the normal range.
- A GFR below 60 may mean kidney disease.
- A GFR of 15 or lower may mean kidney failure.

GFR is glomerular filtration rate – a measure of how well your kidneys are working.

Your urine albumin result on __________ was ______

- A urine albumin result below 3mg/mmol is normal
- A urine albumin result above 3mg/mmol may mean kidney disease

Albumin is a protein found in the blood. Damaged kidneys let some albumin pass into the urine. The less albumin in your urine, the better.

Your blood pressure result on ___________ was ______

You can protect your kidneys by controlling your blood pressure to less than 140/90 (if you have diabetes this should be less than 130/80).

- Check your blood pressure as prescribed
- Take your medication as prescribed at the same time each day
- Do not skip doses or stop taking medication without checking with your doctor

Tips for Managing your Kidney Disease

1. Choose and prepare foods with less salt
   - To help control your blood pressure – aim for less than 2,000mg of sodium/day (equals 1 level teaspoon of salt)
   - Buy fresh, unprocessed food.
   - Do not add salt to your food at the table.
   - Do not use salt substitutes when cooking.
   - Use spices and herbs in place of salt.
   - Choose fresh and frozen food over canned food.
   - Rinse canned foods before eating them.

2. Choose foods that are healthy for your heart
   - To help keep fat from building up in your blood vessels.
   - Grill, broil, bake, roast or stir-fry foods instead of frying.
   - Trim fat from meat and remove skin from poultry before eating.

3. Be physically active
   - To improve blood pressure, blood sugar and blood cholesterol.
   - Make exercise a regular part of your life
   - Aim for 30 minutes of activity 5 times per week.

4. Maintain a healthy weight
   - To protect your kidneys.
   - Being overweight makes your kidneys work harder.
   - Losing weight helps kidneys last longer.
   - Maintain a healthy weight (Body Mass Index (BMI) between 18.5 to 25).

5. Quit smoking – cigarette smoking can make kidney damage worse.

6. If you have diabetes, control your blood glucose levels (A1C below 7%). Good blood glucose control may help prevent or delay diabetes complications and kidney disease.

For more information, visit the Kidney Foundation of Canada website: www.kidney.ca

Your Next Appointment is:

Date: ______________________________________
Time: ______________________________________
Location: _________________________________
Other Notes/Goals: _________________________
_________________________________________